



# A REVIEW STUDY OF SAPTAMRITA LOHA FOR NETRAROGA

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## ABSTRACT

The Indian system of medicine is the first medical system in the world to have attained the status of complete “Science of life” about 5000 years ago. Rasa Shastra is an important branch of Ayurveda, which is pioneered by Nagarjuna. This Shastra is related to metals and minerals. Lauhakaalpans are preparations of Lauha Bhasma as main ingredient added to other drugs. Among all the metals, Lauha (Iron) is the most extensively used because of its rich availability and economy. Rasavagbhata explains that among all the Aushadhi Kalpas Louhakaalpans are said to be the best one. Among all Louhakaalpans Saptamrita is an important Louhakaalpans. Saptamrita Lauha contains equal part of Yastimadhu (Glycyrrhiza Glabra Linn), Triphala -Amalaki (Phyllanthus emblica), Haritaki (Terminalia chebula retz), Bibhitaki (Terminalia bellirica) and Lauha Bhasma.

**KEYWORDS:** Ayurved, Rasa Shastra, Saptamrita Lauha, Netra Roga.

## INTRODUCTION

The entire system of ancient Indian medicine is based on the relationship between the man and nature. The origin of ‘ Rasa Shastra ’ has its roots in the ‘Indian alchemy’. Alchemy was a form of chemistry studied in the medieval period, in which people tried to discover different way to change ordinary metals into gold[1]. Lauhakaalpas are the unique compound herbomineral formulation where iron (Lauha) is used as a major ingredient. Some Lauhakaalpas possess other mineral ingredients including mercury along with Lauha as main ingredient. Saptamrita Lauha is used since ages for several purposes; as it is a popular drug in Ayurved and use in many diseases hence it is drug of choice and almost negligible attention has been made by the scientific community for the scientific validation of this formulation for biological efficacy and quality control aspects. The ingredients of Saptamrita Lauha are Yastimadhu, Haritaki, Vibhitaki, Amalaki, Lauha

- Bhasma, with Madhu (honey) and Ghrita. Madhu and Ghrita are counted in the seven ingredients of Saptamrita Lauha as Sahapan[2]. The Saptam means seven and Amrita means nectar, It means a formulation which is act like seven nectar and given a long life[3]. These drugs are reduced to fine powder and mixed with Lauha Bhasma and is given with prescribed liquids mentioned. Lauha gradually found some internal use in the form of Ayaskriti in Charaka[4], Sushruta[5]. The main aim being to convert it into fine powder form to enhance absorption. Lauha was extensively used in various Anjanas and parts indicated in eye diseases. The drug has been mentioned in many Rasa granthas like Rasa chandrasu[6], Rasendrasar samgraha[7], Chakradata[8], Bhaishajya ratnawali[9], Yogratankar[10], in the treatment of Sularoga (management of pain) and Netra roga (eye disorder).

Sr. No.	Ingredients	Botanical name	Part
1.	Yastimadhu	Glycyrrhiza Glabra	1 Part
2.	Haritaki	Terminalia chebula	1 Part
3.	Vibhitaki	Terminalia bellirica	1 Part
4.	Amalaki	Phyllanthus emblica	1 Part
5.	Louha Bhasma	-	1 Part

Table 1 List of drugs with Quantity

### Ingredients in detail

#### Yastimadhu[11]

*Rasa: Madhura, Tikta*

*Guna: Snigdha*

*Veerya: Sheeta*

*Vipaka: Madhura*

*Karma: Vatashamka, Rasayana, Balya, Shukral*

*Dosha: Pittaghna, Vataghna*

*Dhatu: Sukra, Rakta, Majja, Rasayan.*

*Mala: Promotes healthy hair, Mutraghani*

*Uses: Swarabhanga, Kasa, Sawash, Shoth and*

*Galashoth, Amlapitta, Rasayana, Hridaroga*

*Raktavamana, Apasmar*

#### Triphala [12]

*Rasa: Kashaya Rasa Pradhana( Pancha Rasa)*

*Guna: Ruksha, Laghu*

*Virya: Ushana*

*Vipaka: Madhura*

*Doshaghata: specifically in predominance of Kapha dosha, moderate Vata shamak.*

#### Lauha Bhasma [13]

*Rasa: Tikta, kasaya, Madura.*

*Guna: Sheeta, Sara, Guru, Rruksha.*

*Veerya: Sheeta, Usna,*

*Karma: Lekhana, balya, rasayan, Vajikarna, Yogavahi, Caksusya, Rudhirakrt, Kosthasodhi, Viryakrt, Putraprada, Prabhutagunakrt. Doshaghnata- Anilapaha, Slesmahara, Tridosahara, Use- Sotha, Sula, Netra, Pandu kamala, krimi etc. roga.*

#### **Madhu [14]**

*Rasa- Madhura  
Anurasa- Ksaya  
Guna- Laghu, Ruksha, Pichhila  
Veerya- Sheeta  
Karma- Yogavahi, Vrana ropana, Lekhana,  
Doshaghnata- Tridosha shamka*

#### **Grita[15]**

*Rasa- Madhura  
Guna- Sheeta  
Veerya- Sheeta  
Vipaka- Madhura  
Doshaghnata- Vata pitta Shamka  
Prabhav – Vishaghna  
Karma- Agnidipaka, Medhaya, Vrisya,*

#### **Method of preparation:**

The fine powder of all the ingredients are taken in a clean Khalva Yantra and triturated to obtain a homogenous mixture. This mixture is stored in airtight glass containers. The medicine will be reddish black in color with Madhura Rasa and characteristic odor<sup>9</sup>

#### **INDICATION:**

1. Iron deficiency ( Pandu)
2. Vomiting ( Chhardi)
3. Gastritis (Amlapitta)
4. Anorexia ( Klama)
5. Bloating ( Anaha)
6. Fever ( Jwara)
7. Vision related problems ( Netraroga)
8. Inflammation ( Shula)
9. Swelling ( Shopha)

**Matra:** Matra (dose) of Sapataamrita lauha in the Rasachandrashu is 2-3 ratti<sup>6</sup>, and in Bhaishjya ratnawali- 1-2 gm<sup>9</sup>. It is administered along with Madhu and Grita.

#### **CONTRAINDICATIONS:**

1. Stomach upset due to over dose
2. Avoid in pregnancy and lactation
3. Take the medication under Doctors prescription.

#### **Pharmacopeial standard for Lauha kalpana [16]**

1. Description- organoleptic characters- color, odor, taste, touch.
2. Identification- microscopy, thin layer chromatography
3. Physico-chemical parameters- ash value, acid insoluble ash, loss on drying at 110°C, volatile matter
4. Assay (quantitative estimation) - for free sulphur, mercury, magnesium, iron, Al, calcium, phosphate, Cu, chloride, silica, K, sulphates, carbonates, arsenic, tin,

lead etc.

5. Other requirements
  - A. microbial contamination- total bacterial count, total fungal count
  - B. test for specific pathogen- E. coli, salmonella spp., S. aureus, pseudomonas areuginosa
  - C. Pesticide residue- organochlorine pesticides, organophosphorus pesticides
  - D. Test for Aflatoxins- B1, B2, G1, G2.

#### **DISCUSSION**

Saptamrita Lauha can be considered as one of the most important herbo mineral combination by seeing its ingredients and its Roga Adhikar in Netra and Shoola Roga. Sapta Amrit Lauha majority ingredients are Tridosha Hara and Chakshushya,<sup>[17]</sup> we have reviewed 2 Pathabheda of Sapta Amrit Loha but in order to prove the efficacy and safety of this herbo mineral combination advance research on preparation, standardization, clinical trial should be done.

#### **CONCLUSION**

From the literature review of Saptamrita Lauha mentioned in Ras Yog Sagar we can get a clear idea of action of the formulation in Netrarog and Shoolroga. Along with the difference in the content of 2 Patha Bheda and the actions of all the contents in the Patha Bheda.

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